

Michigan Department of Community Health

Safe Routes to School

Request for Applications



September 28, 2007

The Cardiovascular Health, Nutrition and Physical Activity Section (CVHNPA) at the Michigan Department of Community Health is proud to partner with the Michigan Department of Transportation (MDOT) on a grant opportunity for local public health departments in Michigan on a Safe Routes to School initiative.

Background

Safe Routes to School (SRTS) is an international movement created to encourage children to walk and bike to school. Walking and biking to school have declined significantly over the last several decades with more students riding on the bus or in an automobile. One result of this decline is the loss of regular exercise walking or biking to school for children. Coupled with the popularity of sedentary pursuits like screen time from television, video games, and computers, riding to school is part of a generally inactive lifestyle contributing to an epidemic in overweight, obesity and the serious health consequences of physical inactivity.

The built environment, the physical features and design of our community, play a significant role in shaping our health. The built environment includes physical features like the availability of sidewalks, presence of streetlights, access to walking trails, bicycling trails, parks and lastly, land use (where destinations are placed and connectivity of those places with residents), all can directly impact health. Communities are needed that encourage people to be more physically active and provide opportunities for increased physical activity. Many chronic diseases such as heart disease, diabetes, and overweight and obesity are associated with a lack of physical activity. Creating healthier communities consist of designing communities that are pedestrian friendly, include bike trails and walkways, promote physical activity which allow individuals to walk to school, work and their most frequented places (library, dry cleaners, grocery stores, friends' homes). The SRTS initiative is designed to enhance the safety of routes to school and increase the number of students walking, biking and blading to school through promotion, education, collaboration, and design. SRTS programs can increase physically active for all residents thereby building healthier communities.

Designing healthier communities requires multi-sector partnerships and collaboration among local health departments, local planners, transportation entities, businesses, community residents, local organizations, parks/recreation and other key stakeholders. Local health departments can (1) play a key role in creating healthier, walkable communities by becoming a SRTS leader and resource within their jurisdiction; (2) provide leadership to selected elementary schools in their area that are interested in

implementing the program; (3) serve as a leader by assisting with SRTS regional trainings to other public health and community leaders.

Michigan's Safe Routes to School Program includes schools' using an existing team (such as a coordinated school team or school improvement team) or developing a SRTS team to develop an action plan. This action plan includes recommended changes to make the environment safer for students to walk and bike/blade to school, policies to encourage walking, biking and blading to school and/or educational initiatives for families, staff and the community using the 5 Es: Education, Encouragement, Enforcement, Engineering and Evaluation. Schools that complete this process can apply for funding to assist with infrastructure changes (sidewalks, paths, signage, plan design, bike lanes, etc.) through the Michigan Department of Transportation for Safe Routes to School in Michigan. The SRTS Program and Handbook can be found at www.saferoutesmichigan.org.

We would like to build capacity within local health departments so they are one of the SRTS leaders and facilitators within their jurisdiction. The CVHNPA Section will provide up to eight mini-grants to local health departments to work with two elementary schools in their area that are interested in implementing the Safe Routes to School Program in 2007-2008.

Grant Funding:

Up to eight local health departments will be awarded up to \$9,340 for eleven months beginning on November 1, 2007 – September 30, 2008.

Applicants can include in their proposed budget the following items:

Local Health Department Staff Salary/Fringe	\$6,500.00
Training: Safe Routes to School Conference (Nov. 5-7)	\$ 550.00
Support to (2) schools (meetings, materials)	\$2,000.00
Quarterly Stakeholder Meetings (travel)	\$ 290.00

Grant Requirements:

Local health departments will serve as a SRTS leader and resource within their jurisdiction. As a SRTS leader, local health departments will be required to:

- 1. Select two elementary schools within their region to assist in implementing the SRTS Program.**
- 2. Designate a local health department staff to assist schools with completing the SRTS Action Plan using the SRTS Handbook Planning Process.** This action plan includes recommended changes to make the environment safer, policies to encourage walking, biking and blading to school, and/or educational initiatives for families, staff and the community using the 5 Es (Education, Encouragement, Enforcement, Engineering and Evaluation). Schools that

complete this process can apply for funding to assist with infrastructure changes (sidewalks, paths, signage, plan design, bike lanes, etc.) through the MDOT.

3. **Establish a SRTS team in two elementary schools.** Schools participating in the Safe Routes to School Program can use an existing team (such as a coordinated school team or school improvement team).
4. **Register their schools for the SRTS Program at www.saferoutesmichigan.org/.** Completion and return of the online registration form represents a commitment to begin a Safe Routes to School program and to complete a Safe Routes to School action plan.
5. **Attend a SRTS training of trainers with other public health and community leaders.** The MDCH/CVHNPA in partnership with the Michigan Fitness Foundation and MDOT will provide a SRTS training of trainers for local health department staff, representatives from local wellness coalitions and school champions.
6. **Provide regional trainings.** Local health department staff will assist MDCH/CVHNPA, Michigan Fitness Foundation and MDOT with conducting regional trainings for school and community leaders.
7. **Optional: Attend quarterly stakeholder meetings.** Local health department staff can attend quarterly stakeholder meetings.
8. **Optional-Strongly encouraged: Attend the SRTS coalition meetings.** There will be two coalition meetings in 2008: January 9 and April 16.
9. **Optional-Strongly encouraged: Attend the National Safe Routes to School Training in Dearborn, Michigan on November 5-7, 2007.**

Future Opportunities:

- The opportunity to work with additional schools in future years with funding assistance from the CVHNPA/MDCH and MDOT.
- The school community may be eligible for additional funding to implement infrastructure changes from MDOT. www.saferoutesmichigan.org/application.htm

Eligibility Criteria:

Local health departments are eligible to apply for this funding opportunity. Health departments currently implementing the CVHNPA Healthy Lifestyles grant are strongly encouraged to apply; as well as, local health departments who have been working on policy and environmental changes related to physical activity within their jurisdiction. Only elementary schools are eligible for this project.

Selection Criteria:

- Evidence or history of working with communities, schools, and implementing policy and environmental changes (PEC).
- How the SRTS project fits into the local health department's mission/plan.

- Attendance at previous SRTS, Pedestrian Safety, Walkability Audit, Public Health PEC trainings.
- Letters of support from two elementary schools: 1) indicating their desire and commitment to implementing the SRTS program 2) that demonstrate the schools' understanding of their role in the implementation process.
- Letters of support from key partnering organizations within the communities where the schools are located.
- A reasonable budget that follows the guidelines.

How to Apply:

Applications must be received via email by Friday, October 12, 2007 at 4:00 pm. Grant recipients will be notified by Friday, October 19, 2007. Please review your grant application carefully as incomplete applications will not be considered. Remember to keep a copy of your grant application for your records.

1. Complete the local health department application (attached);
2. Complete school application for each school (attached);
3. Include letters of support from two elementary schools in your jurisdiction interested in implementing the Safe Routes to School program;
4. Include letters of support from key partnering organizations within the communities where the schools are located;
5. Include a two-page narrative describing (1) history of working with community, schools, and implementing policy and environmental change (PEC) projects (2) how this project compliments your health department's mission/plan;
6. Include a detail budget to support your proposal based on the guidelines.

Date Due

Proposals are due by 4:00 PM on Friday, October 12, 2007. Proposals must be sent in one email to Lisa Grost at grostl@michigan.gov. Late proposals will **NOT** be considered. An email will be sent to the applicant to confirm receipt of the proposal. If you have submitted a proposal and do not receive a confirmation by Monday, October 15 at 4 p.m., contact Lisa Grost at 517.335.9781.

Conference Call and Assistance

You are invited to attend a conference call on Monday, October 8, 2007 at 10 a.m. to 11 a.m. Questions regarding this grant will be answered on this call. Conference Call Number 1-877-873-8017 / Access Code 1086365.

If you have any program questions, please contact or Lisa Grost at 517/335-9781 or grostl@michigan.gov.

CVHNPA/MDCH Safe Routes to School

Local Health Department Application

Agency Name:

Health Officer:

Contact Person:

Contact Person's Address:

Email:

City, State, Zip:

Phone:
Fax:

Are you currently part of a SRTS team?

- ☐ Yes
☐ No

Are you currently implementing a CVHNPA Healthy Lifestyle grant?

- ☐ Yes
☐ No

Have you attended any SRTS, Pedestrian Safety, Walkability Audit, Public Health PEC trainings?
If yes, please indicate the type of training, date and location:

Training:

Date:

Location:

- 1.
- 2.
- 3.
- 4.
- 5.

I agree to be responsible for managing my health department's compliance to grant requirements:

Contact Person's Signature: _____ Date: _____

Contact Person's Title: _____

Signature of Health Officer: _____ Date: _____

CVHNPA/MDCH Safe Routes to School

Application for Schools

Name of School District:	Name of School Building:
Principal:	Principal's Email and Phone Number:
Grades Taught at the School:	School Superintendent:
School Street Address:	City, State, Zip:
School Grant Manager:	School Grant Manager Email:
School Grant Manager's Title:	Grant Manger Phone:
Has your school completed the Healthy School Action Tool (HSAT)? If yes, when? <input type="checkbox"/> Yes _____ <input type="checkbox"/> No	Do you have a SRTS team, coordinated school health team or school improvement team? If yes, indicate which one: <input type="checkbox"/> Yes _____ <input type="checkbox"/> No
I agree to be responsible for managing my school's compliance to grant requirements:	
School Grant Manager Signature: _____ Date: _____	
School Superintendent Signature: _____ Date: _____	
School Principal Signature: _____ Date: _____	